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Artist Statement

This project, loosely titled "MiNd, BoDy, AnD, sOuL," involves a series of self-portraits that have been edited through various software programs to create visually interesting "glitched" images. This series can be viewed either as physical photographs or a digital slideshow of images. My photos are meant to alter the audience's perception of the person in the photo, which in this instance is the artist themselves. I have created these images to reflect a bit of my own personal narrative when it comes to my body image and the role that technology has played into my own self-worth. The viewing and editing of these photos is meant to be similar to how one edits and posts about one's life when using social media platforms. The use of technology to essentially put the ideal versions of ourselves out into the world can create a negative internal narrative that can be hard to overcome, especially when these changes are recognized by others as a positive change. The never-ending images and advertisements found on social media platforms often encourage you to change parts of yourself to strive towards the perfection that has been created by companies who are simply after your money. The irregularity of the images in this series and they way in which they are perceived makes them unique.

To create the "glitch" effect in my photos, I use a text-editing application titled Notepad++, and an audio editor called Audacity. By bringing my photos into Notepad, I was able to manipulate the code by adding, subtracting, copying and pasting things and saving my

progress along the way. In order to let others view these images I had to take a screenshot of the glitched image and save it. In order to "glitch" the photo in Audacity, I had to change the format in Photoshop from .png to .raw in order to edit the photos and create the desired effects. Once I had edited the photo to my liking, I would take the image back into photoshop to view the image and save my progress. Most of the images were altered in one of the two editing softwares; However, there was at least one image in which I edited in Notepad, took a screenshot of the image, and then continued editing the image in audacity. I attempted to use Photoshop to rotate the images I was working with to see if I could achieve A different effect, but the results of this experiment were largely unsuccessful.

This project has really been a journey for me, as it deals with subject matter that has personally affected me throughout my life. This series deals with body image, beauty standards and self-worth. These images in their original context were meant as a reminder to myself that anyone can be comfortable in their own skin even if it doesn't look the way society has deemed it should. By "glitching" these images I am essentially altering the viewers perception of the person, for better or for worse. I am attempting to create a commentary on the rise in use of technology, and the impact that things like social media can have on a person's perspective of themselves and others. As someone who has been seriously struggling with my own physical appearance, it was admittedly very difficult for me to look back at these images that I was so confident in not too long ago and not see these as "ugly" or "embarrassing." I almost ended up giving up on this project entirely and taking a very different route. However, the challenge of it is exactly why I felt I had to follow through on this. I definitely had to struggle and re-assess some things, but ultimately I was reminded of the things that made me take these pictures in the first place. Not everyone will see these images in the way that I do, and that's perfectly fine.